

COLORFUL EDAMAME SALAD

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention
<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

Ingredients:

- 4 cups romaine lettuce, washed
- 1 cup shredded carrots
- 2 cups cherry tomatoes
- 1 cup sliced cucumber
- 1/2 cup chopped red onion
- 1-1/2 cups shelled edamame, cooked

Instructions

1. To cook edamame, bring three cups water to a boil. Add shelled edamame and cook four minutes. Drain and rinse with cold running water to cool.
2. Prepare all other ingredients and combine with the edamame in a large salad bowl. If desired, toss with a low or non-fat dressing of your choice. Note: the dressing is not included in the nutritional analysis below.

Serves 4.

Nutritional information per serving (4 servings)

Calories: 120

Calories from fat: 20

Total fat: 3g

Saturated fat: 0g

Trans fat: 0g

Cholesterol: 0mg

Sodium: 80 mg

Total carbohydrate: 17g

Dietary fiber: 4g

Sugars: 7g

Protein: 9g

Vitamin A: 150%

Vitamin C: 45%

Calcium: 10%

Iron: 10%

Percent Daily Values are based on a 2,000 calorie diet.

Diabetic Exchange**

Fruit: 0

Vegetables: 2

Meat: 1

Milk: 0

Fat: 1

Carbs: 0

Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

